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Bangalore Mirror

TEMP Max 27 | Min 18 | Humidity 53% Partly cloudy. Misty morning Sensex 57,858 | Nifty 17,277 | Gold 48,841 | Silver 64,112 | Dollar 74.87 | Euro 84.50 | GBP 101.11

PAGE 5

'CONTROL SOCIAL MEDIA URGES'

PAGE 3

WHAT'S BREWING, B'LURU?

Three years after road-widening project was announced, commuters still struggle for space and time between Bommanahalli and Begur

SPACETIME CONTINUUM

Project stalled as 'TDR not acceptable'

| Iffath.Fathima
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TWEETS @BangaloreMIRROR

The 3.6-km Bommanahalli-Begur road-widening project, which was included in the Bruhat Bengaluru Mahanagara Palike (BBMP) budget back in the year 2018, to help ease traffic congestions on the route, is yet to take off.

Commuters continue to suffer along the congested stretch as BBMP hasn't started the work.

Landowners in the area are not accepting the Transferable Development Rights (TDR) offered by the Bangalore Development Authority (BDA), BM has found out.

"Though distance is just 7 km, it takes more than 45 minutes. If there is a BMTC bus en route, then it takes much longer..." — Amit Kumar, commuter

Under the project, the BBMP is to widen the road from Bommanahalli Junction till Bannerghatta Road — a stretch which is currently 30 to 45-ft wide and proposed to be widened to 80 ft as per the project plan. The sanctioned amount for the road-widening project is Rs 65 crore.

Bommanahalli MLA Sathish Reddy said some of the land owners, not agreeing to accept the TDR, approached the court. According to Reddy, the government has already sanctioned the funds; due to the TDR fiasco the project is not materialising.

"The road-widening comes under two constituencies. One is the Bommanahalli constituency, where there is a 2-km stretch to be widened;

CONTINUED ON PAGE 6 >>

Lethal Injection

Docs at clinic allegedly administer wrong jab that worsens youth's condition

| Pragna L Krupa
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TWEETS @Pragna_MIRROR

An 18-year-old has been hospitalised for over ten days after a doctor at a clinic allegedly administered an inappropriate injection which resulted in aggravating the youth's infection, further damaging his organs.

Shubha*, a resident of Hommadevanahalli filed a complaint in this regard, against two doctors practicing in a private clinic in Beguru on Monday, with Electronic City police. She told Bangalore Mirror that her son is still admitted at a private hospital in Hosur, being treated at the family's expense.

"Initially, he was sick and had a cold, cough and fever. He went to the clinic on January 6 and the doctor who examined him, gave him an injection; prescribed a few tablets. As he returned home, he started to experience pain on his hip where they had given him the injection. Next day, his condition further worsened; he noticed blood in his urine. Soon, we rushed back to the clinic. He couldn't sit, stand or even sleep and he was in pain throughout the day. The head of the clinic examined him and admitted that they were at fault. The person in charge assured us that nothing was wrong with my son and shifted him to another hospital in Jigani.

CONTINUED ON PAGE 6 >>

3 THINGS TO DO

01 Pottery workshops

Bring out the inner artiste in you by signing up for these pottery-making workshops. You will be taught how to prepare the clay and use different techniques like hand-building, pinch, coil, and slab. Finally, you will be taught to fire the pots. The sessions will be held by Maya, and you can sign up for more than one session.
Where: Lahe Lahe, Indiranagar
When: Till Jan 28, 11am onwards
Tickets: Rs 1,300 onwards, bookmyshow.com

02 Caring for the elderly

Do you have ageing parents and you worry about their well-being? Have questions and not sure whom to ask? If you have senior family members, then this session is for you! With age, comes a new set of physiological & psychological challenges. With the right knowledge, you can learn how to prevent & detect them. Join Silver Talkies in conversation with Dr Arvind Kasthuri, Chief of Medical Services St. John's Medical College Hospital and get insights into caring for your ageing parents. **Where: Online**
When: Jan 29, 4.30 pm;
Register: bit.ly/AMA_AgeingandChanges

03 Shopping spree

Indulge yourself with this special online sale and give your wardrobe and home a makeover. Products include apparel (men's wear, ladies' wear and kids' wear) stoles, dupattas in various materials including chiffon, cotton and silk, jewellery of all kinds including silver, silk and Kanchi cotton saris, home décor products, Channapatna toys, pooja essentials and brass items. The proceeds will help girls' education in several non-profit schools across India. **Where: madhurya.com**
When: Till Jan 31; Contact: 7019138680/ 9886051512

THE OMICRON EFFECT

In a freewheeling chat with Sridhar Vivan, Dr MK Sudarshan, Chairman, State Covid-19 Technical Advisory Committee (TAC), speaks on differences between the 3 waves and on future of masks

How are the three Covid waves different from each other?
When the first wave hit us, we didn't know much about the virus and how it could impact the community. During the second wave, we did not make adequate preparations in terms of hospital care. As a result, we were hit by a great demand for hospital beds including ICU, ventilators, Remdesivir injections. In the third wave, we made all arrangements, but the virus is still deceiving us.

What were the lessons learnt from the first wave that helped in tackling the second wave?
During the first wave, we didn't have adequate testing capacity. Hence, we improved testing during the second wave and standardised the treatment protocol. Thankfully, vaccines were rolled out in phases from January before the second wave could hit us.

What were the lessons learnt in the second wave in tackling the third wave?
We worked on preparing hospitals along with increasing the oxygen supply. Now, the virus is not entering the lungs and hence, we are not seeing many cases of breathlessness. I want to say that vaccination has provided a great relief in preventing hospitalisation during the third wave.

Now, what are the learning points from the third wave?
We are still in the middle of the third wave and may be able to tell once the wave subsides. However, the virus is very tricky and behaves differently than expected.

Why are so many health care workers getting infected in the third wave?
Omicron is highly transmittable. In fact, it is two to three times faster spreading which is resulting in infections. Luckily, these infections are not translating into disease.

Why is Omicron so infectious?
It is a new strain of SARS CoV-2 virus that emerged from South Africa and Botswana in December 2021 and travelled the globe. The virus is highly infectious and hence, readily transmissible. It has already engulfed the USA, UK, Europe and is now sweeping across the country. In a relative way, the good part is that it mostly infects the nose, throat and thus causing fever and symptoms of blocked or running nose, throat irritation/pain, headache, tiredness, etc. Also, its effect on children is largely mild in nature and has not been alarming.

It was predicted that Bengaluru alone may see one lakh cases a day. However, as of now, it doesn't seem to be a possibility.
I would say that vaccinations have done the trick. Added to this, the public health restrictions have worked well. Even people in urban areas are cooperating. For example, though the weekend curfew was relaxed last week, there was not much crowding. As the decision was announced by Friday evening, many could have left the city for long vacations but that didn't happen. All I can say is that people are also careful and watchful.

Though we are testing one lakh people a day, it looks like many more symptomatic people are refusing to get tested. Is this a correct assumption?
Only a sero-survey report can point out how many people have been infected. As per the previous sero-survey, only one out of 30 infections were reported. A fresh survey may tell us on whether this is the 'tip of the iceberg' phenomenon.

According to Dr Sudarshan (inset pic) Omicron is two to three times faster spreading which is resulting in infections, but all infections do not lead to disease

CHAMPIONS FOR BM

We owe big to our healthcare providers who guided us through the first, second waves of covid and are now helping us navigate the third wave. **Bangalore Mirror** is proud to have been a medium through which our specialists' words reached you

Do you think we are seeing the beginning of the end of Covid?
We can say end of Covid only when there can be a complete round of circulation of virus. There should be complete vaccination coverage. There should not be any serious effects of infections. Despite infections, people should not be down with diseases. With mutations, strains are bound to change. I feel that masks are likely to remain till the end of this year, at least.

When can we expect the current wave to peak and subside?
As of now, it looks like that the third wave may see a decline by February-end. The peak may be from the last week of January to the first week of February. It depends on multiple factors including the vaccine coverage, adherence to Covid-Appropriate Behaviour (CAB). A mathematical model is as good as the data which is fed into it.

Any precautions to be taken to avoid risking infection?
It is safer to observe the following, particularly by the elderly and co-morbid. Avoid 3 Cs – closed spaces like restaurants, pubs, bars, cinemas, auditoria, etc. Stay away from close proximities to other people where it is in a range of one metre/three feet, etc. Also, it is important to postpone all non-essential travel. Use a good, fitted face mask in public and use a hand sanitiser after touching frequently touched objects and surfaces, especially in public areas. It is recommended to avoid air-conditioners and instead go for naturally ventilated rooms and outdoors. Lastly, those who are due for any dose of vaccination shall take it immediately.

What is the current analysis of the Omicron effect in Bengaluru?
Till now it has not affected the lungs significantly. As a result, demand for hospital beds, oxygen, and injection Remdesivir, etc are minimum. The affected persons are largely asymptomatic or very mild symptomatic, to the extent of over 90 per cent. Currently, the Rt value (transmissibility factor) is about 2.3. That means ten people have a capability of spreading the virus to 23 people and hence, there is still a good rate of transmissibility. As per the SUTRA model of IIT, Kanpur, that is backed by Department of Science and Technology (DST), Government of India, it is expected to subside by the end of February. Even the mathematical model of IISc and ISI, Bangalore has largely corroborated the same.

Is there a possibility of a fourth wave?
We don't know yet when it will come and where. We should always remember that Covid somewhere is Covid everywhere. Even if a new variant of concern is identified in any part of the globe, it is still a threat to the whole world.

B'LUREANS, KEEP CALM AND WAIT FOR THE PEAK

As Mumbai, Delhi, and Chennai see a slow drop in cases, Bengaluru is yet to reach the peak; experts however, say there's no reason to worry

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Among major cities affected by Covid, Bengaluru seems to be the most affected while Mumbai, Delhi and Chennai seem to be past the peak. On Wednesday, Bengaluru reported 22,427 cases and eight deaths, Delhi 7,498, Chennai 5,973 and Mumbai 1,858 cases.

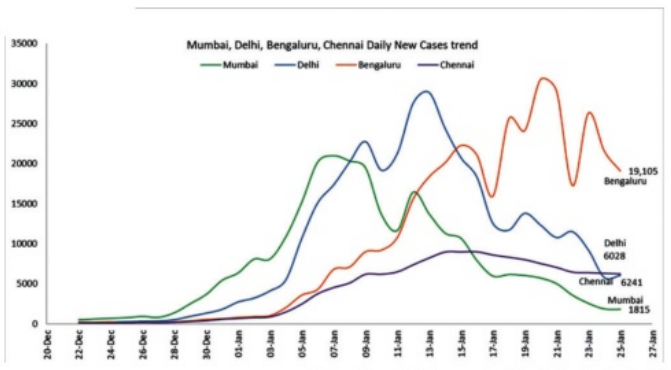
Vijay Anand, an independent covid data analyst said that Mumbai has seen the steepest fall at 5 per cent from 30 per cent in 18 days, followed by Delhi at 11 per cent and Chennai at 23 per cent while Bengaluru's graph was still on the upside.

"Data science projection models help to understand when the peak comes and how much people can be affected and loaded to the hospitals. Common man can see the charts to understand the trend so they prepare to protect themselves with masking, vaccination etc."

Dr Pradeep Rangappa, Consultant Intensivist and Critical Care, Manipal Hospital, Yeswanthpur, and one of the government-appointed spokespersons for Covid said that his analysis of Bengaluru data since January 10 showed that the positivity rate has been hovering around 20 per cent without significant increase.

"The number of cases in Mumbai and Delhi appears to be seeing a downtrend since last one week with Mumbai and Delhi reporting 1,815 and 6,028 new covid cases respectively on Tuesday. Initial surge was seen in these cities followed by Bengaluru; one could possibly look at cases plateauing and go down in first week of February here also. Emphasis on Covid-Appropriate Behaviour has to be strengthened without letting the guard down to tide over the third wave safely."

At Republic Day celebrations, citizens get tested by health workers; (below) a graph showing covid trends in major cities



Vijay Anand , Independent Covid Data Analyst

> **"Though cases are rising in non-Bengaluru districts, hospitalisation numbers are one to two per cent**
> — Dr K Sudhakar

State Covid task force chairman Dr MK Sudarshan said that the cases in Mumbai and Delhi generally report a month earlier and hence the cases have started decreasing earlier in those cities.

However, Dr S N Aravinda, Consultant, Internal Medicine, Aster RV Hospital, felt that testing was happening in greater numbers in Bengaluru as compared to Mumbai and Delhi that could be the primary reason.

"Most people are being cautious and getting themselves tested even on mild symptoms. The actual numbers could be much higher in Mumbai and Delhi," he added.

Minister for Health and Family Welfare Dr K Sudhakar said cases were decreasing in Bengaluru. "Though the cases are rising in non-Bengaluru districts, the hospitalisation numbers are one to two per cent.

As a result, it is not straining the health infrastructure. If we compare the case fatality ratio with the previous two waves, the current wave has 0.004 per cent. We are also seeing an increase in discharges as well."

Gold loan executive murdered, body thrown in lake

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The Puttenahalli police have arrested two for murdering a 29-year-old gold loan executive on the pretext of pledging their gold for a loan.

The victim has been identified as B Diwakar, a resident of Banashankari 2nd Phase. The accused have been identified as Manjunath, 28, a native of Mesanahalli village in Kunigal taluk and Muniraju, 24, from Uttari Village.

Police said that the accused had surfed the net and found the details of the firm where the victim was working. After the accused contacted the firm, they sent the victim to the accused's house in Sunkadakatte where he was strangled to death. The accused then disposed of his body at the lake in Magadi and fled with the money.

The incident took place on January 20. The next day, Diwakar's mother Lakshmi, 51, filed a missing complaint with the Puttenahalli police when he went missing after saying that he had work in Sunkadakatte. His phone was switched off a few hours later and they did not hear from him.

Police said that the two accused along with a woman who wanted money for their expenses had come across an advertisement of the firm which offered home delivery of gold loans and hatched a plan. The accused called the firm a day before the incident took place when Diwakar, who spoke to them, agreed to come with the money after taking details. The accused had told him that they wanted to pledge a gold chain weighing 75 gram and wanted a loan on it.

"The accused overpowered him to take the money but when he resisted, they strangled him with a wire. They used plastic covers to wrap the body and threw him and his bike in the Honnapura lake in Magadi by tying it with a stone," said an officer.

Police who were checking call history of the deceased, called everyone for investigations and the accused did not turn up or respond to the police. Suspecting him, the police picked him up for questioning and he confessed. Based on his statement, the second accused was also caught and the police are still on the lookout for the woman who was also involved in it.

FAKE NEWS BUSTER MIRROR

JABS DON'T CAUSE NEURO DEGENERATIVE DISEASES

THE CLAIM

A social media post claiming -- "Covid Shots Could Cause 'Crippling' Neurodegenerative Disease in Young People, Scientist Warns". There is no evidence to support this. The post suggests the vaccines could bring about neurodegenerative diseases such as Parkinsons, prion disease neurodegenerative disorders.

SO, WHAT'S THE TRUTH?

Experts have rubbished the claim, stating that there is no credible evidence that the covid-19 vaccines are associated with the development of prion-related disease or neurodegenerative diseases like Alzheimer's or Parkinson's. They say some events may have happened anyway, regardless of vaccination, particularly as the vaccination of older and more vulnerable people has been prioritised.

BUST FAKE NEWS WITH MIRROR

9591233247

Let's separate the news from the noise, Bengaluru. Tell us about that incredible-sounding story/news/alert that you've received on WhatsApp or social media and Bangalore Mirror researchers and editors will see if it checks out. If it doesn't, we'll call it out

TOPCOMMENTS

Citizens unsure about Seattle - Bengaluru flights

Commenting on our story – More direct flights to San Francisco, Seattle – readers have come up with various opinions.

J Jaganath isn't pleased with the current state of affairs.

"The United Airlines flight to travel from San Francisco to Bengaluru is still not operational. The authorities seem to be in no hurry either... Only the Air India flight is available and it is in high demand due to Covid restrictions."

Prahlad Natchu says, not Bengaluru but Chennai is the way to go. "There should be a direct connect to one of the major cities in the United States from the southern gate of India— Chennai."

WEBHITS

3 most-read articles on the Mirror site

- Bengaluru's cases dropping slowly
- Prison or private suite?
- Talking heads

Going out of town

Will RGUHS move out of city? Minister says CM to lay foundation stone in Ramanagar in March

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Will Rajiv Gandhi University of Health Sciences (RGUHS) shift out of Bengaluru? The university issued a release on Tuesday notifying that the tenders for the preparation of a master plan to establish a campus at Archakarahalli, Ramanagar district, by reputed architectural firms have been cancelled. The tender was floated on January 14 this year.

However, Minister for Higher and Medical Education Dr CN Ashwath Narayan, who is incharge of Ramanagar, on Wednesday, said that the foundation stone for the new campus of the university will be laid by Chief Minister Basavaraj Bommai by March first week.

He claimed that with the establishment of the new campus and headquarters, the entire area would turn into a "health city". Currently, the university's headquarters are at 4th 'T' Block in Jayanagar.

While Visvesvaraya Technological University's headquarters are in Belagavi, there was a demand to relocate RGUHS out of Bengaluru. There are multiple reasons for this. One of the main reasons is that there is no space available at the current facility for expansion and there was a demand to expand into a bigger campus.

Secondly, there was demand for decentralisation so that other districts could also enjoy high profile institutions (like Belagavi was chosen for VTU). Thirdly, there is also political pressure on moving the campus.

When HD Kumaraswamy became the CM for the first time in 2007, he had decided to move RGUHS to Ramanagar. Since then, it has been facing many hurdles including protests from farmers over land acquisition issues. The issue was brought back to life during the Congress-JD(S) coalition which had given a green signal to establish the university at Ramnagar in 2018. For a brief period, a section of the administrative office was relocated to the old DC office in Ramanagar but then the plan was shelved. The campus is supposed to come up on 71 acres of land in Ramnagar district.

The university was established on June 1 in 1996 through the enactment of the Rajiv Gandhi University of Health Sciences, Karnataka Act 1994 to encompass all the existing health science colleges and institutions which were earlier affiliated to the conventional universities in Karnataka with a purpose of ensuring proper and systematic instruction, teaching, training and research in modern and Indians systems of medicine.

Currently, the university's headquarters are at 4th 'T' Block in Jayanagar

The university issued a release on Tuesday, notifying that the tenders for the preparation of a master plan to establish a campus at Archakarahalli have been cancelled

Appointment of guest lecturers

The online counselling for the appointment of guest lecturers as applicable for the academic year 2021-22 will be held for four days beginning January 27 (Thursday) onwards, P Pradeep, Commissioner, DCTE, said in a statement, on Wednesday and added that 10,636 guest lecturers will be appointed.

Further, he said, candidates can choose the college they prefer during counselling based on their seniority. After this, the candidates must report for work in the instructed colleges within two days with original documents. In cases of finding any variation in the documents, candidates will be eliminated, the commissioner said.

For 47 subjects, 7,225 guest lecturers will spend 15 hours per week (full workload) and 3,411 will be appointed for partial workload. This includes 1,830 lecturers for Commerce, 1,008 for Kannada, 675 for History, 736 for English, 526 for Sociology, 620 for Economics, 490 for Business Management, 910 for Computer Science, 562 for Physics, 602 for Political Science, 663 for Chemistry, 492 for Mathematics, 198 for Zoology, 212 for Botany, 54 for Psychology, 53 for Environmental Science, 80 for Social Work and 78 for Urdu, he said

BBMP to issue notices to tax defaulters

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With many yet to pay their property taxes, Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to issue notices to defaulters. In the current year, a target of Rs 4,000 crore has been set. So far, property tax of Rs 2,667.77 crore has been collected. Now, BBMP officials have asked the tax collectors to reach the target of property tax collection and use advanced methods if necessary.

BBMP chief commissioner Gaurav Gupta, who tested positive for Covid, held a virtual meeting to discuss property tax collection on Wednesday.

"Revenue officers and assistant revenue officers must move forward to collect property tax within BBMP limits. Notices must be issued to citizens who haven't paid their property taxes yet. Properties which haven't yet been included under the tax slab, must be included and brought to under tax collection. If any advanced methods are required for tax collection, then the necessary steps must be taken. Dues from top defaulters must be cleared. Legal actions must be enforced for the same," he said.

Palike is determined to achieve its target, collect Rs 4,000 crore in the current year

Out of the Rs 2667.77 crore collected (as of Tuesday), the maximum tax collections were reported in Mahadevapura zone where Rs 683.07 crore has been collected so far. Among eight zones, Mahadevapura was one of the newly added areas (compared to the Central Business District areas). However, the realty growth, as well as setting up of top companies has made this zone an area with a net worth. Mahadevapura was followed by East with Rs 507.26 crore.

In the South zone, Rs 398.54 crore was collected, in Bommanahalli Rs 285.04 crore, in West Rs 272.11 crore, in Yelahanka Rs 265.98 crore, in RR Nagar Rs 182 crore and in Dasarahalli the least amount of tax collection was reported at Rs 73.78 crore.

BBMP special commissioner (revenue) Dr Deepak R L, all zonal joint commissioners, deputy commissioners of revenue, joint commissioners of revenue, revenue officers, assistant revenue officers and other officials were present at the meeting.

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Burning trouble
Victoria Layout

Folks have been burning garbage on Palmgrove Road, polluting the environment.

Hole thing's a mess
JC Road

A side of the road near the manhole has sunk. A reader expressed worry, stating that the road might crumble in the middle, leaving a gaping hole on the stretch.

Rough on road
Jayamahal

The 1st Main Road and its pavement were newly fixed but BESCOM officials reportedly damaged the stretch last month after some works. The officials passed the problem to the roads department instead of repairing the road, it is said.

'Nude gang' claims 1

Blackmailed on Instagram, young engineer kills self

Blackmailed for obscene pictures on Instagram, a young engineer in Bengaluru has committed suicide by jumping in front of a train near Malleshwaram.

The police suspect the role of a 'nude gang' behind the suicide and have taken up investigation in this direction. Bhaskar Rao, Additional DGP Railways, appealed to the youth not to kill themselves out of fear or shame, and urged them to control social media habits.

The inter-state notorious 'nude gang' operating at national level, especially in metroes, is infamous for getting acquainted with the youth through dating apps and later blackmailing them to extort money. Recently, a young doctor from the city ended his life in the same fashion after being threatened and extorted over obscene videos.

Bhaskar Rao, ADGP Railways, said, "Another 24-year-old engineer committed suicide on a railway line. Note revealed he was blackmailed for sex on Instagram. I implore, plead youth not to kill themselves due to fear and shame. Please have courage to face, you are precious, pray don't kill yourself. Control your SM urges."

According to the police, one of the accused gang members poses as a girl on the dating apps and starts chatting with youths who show interest in them. Later, after establishing intimacy, the accused asks the victim to go nude before the camera. If the victim does so, the gang records the act and then starts extorting them. They would threaten the victims to make the videos go viral on social media if they are not paid.

ADGP Railways Bhaskar Rao makes plea to youngsters to not be afraid or ashamed and to control social media habits

The latest victim, a 24-year-old engineering graduate, lived with his family in Malleshwaram locality. The body of the young man was recovered on Tuesday. Though, it looked like the youth committed suicide over a personal matter initially, but as the investigation progressed the police were led to a different direction.

Police sources said that after the verification of the mobile phone of the victim, they found threatening and blackmailing messages. The investigation has also revealed that the youth was being blackmailed over Instagram also. This has made the investigation officer believe that the youth could be a victim of a 'nude gang'.

The Karnataka Railway Police recently arrested an accused in connection with a suicide case of a 30-year-old young doctor, who was blackmailed over his obscene videos. The doctor while committing suicide mentioned the name of one Kranthi Singh and left a death note saying he is ending life because of the blackmail, threats and extortion by a gang led by Kranthi Singh.

The police investigating the case, have taken the accused into custody from Bhopal and launched a hunt for other members of the gang. The gang members had trapped the doctor through a dating app. After getting introduced to him and developing friendship, the victim doctor had started chatting with the accused. One of the accused spoke to him posing as a girl and asked the doctor to go nude while chatting and he obliged. Later, the doctor was blackmailed over the video and accused persons placed demands of extortion.

The victim doctor had made Rs 67,000 online transfer to the accused. He continued to get extortion and threat calls from the accused. The doctor unable to take the pressure committed suicide by jumping in front of a train.

According to the police, the latest is the third such case in Bengaluru. In an earlier similar case, a youth had committed suicide in Bengaluru coming under pressure of extortion calls. The KR Puram police had arrested three persons from Rajasthan.

The police have appealed to people not to get trapped on social media platforms where miscreants pose with provocative photographs of women. "The accused somehow make the victims go nude and later blackmail them for money. People should be careful before chatting with strangers on social media platforms," the police warned.

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Dr. D. Premachandra Sagar, Pro-Chancellor

Case of wrong jab

CONTINUED FROM PAGE 1

The condition of his infection had deteriorated by then as they took several scans and ran a few tests — he started to have an allergic reaction on his skin. He was admitted in that hospital till January 14 when he tested positive for covid-19. The hospital informed us the treatment for his infection was completed and he had to be shifted to a covid hospital. On the same day, we shifted him to Bowring Hospital; doctors there informed us that his liver and kidneys were infected and it was not related to covid-19," she said.

The mother of the victim added that after four days, her son tested negative for covid and they had to shift him again to another hospital for his kidney and liver ailments. "Both the doctors from the aforementioned clinic stopped responding to our calls and went incommunicado. They refused to pay for his treatment or take responsibility for what they had done.

My son was completely alright, but now, due to the infection, he has deep open wounds which are currently being treated.

Though we shifted him to a private hospital, we are not able to continue his treatment and till now we do not know what went wrong or which injection was given to him. We approached the police and filed a complaint against the clinic," she said.

Police said that they have issued a notice to the accused doctors and the clinic and are yet to take their statements. "We do not know what sort of medical negligence this is; we are still waiting for the doctor treating the youth at the moment to give a detailed report. Based on the mother's complaint, we have registered the case and are investigating," said an officer.

(*name changed)

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I, Yashwanth Kumar Mallikarjuna Subarayappa S/o Mallikarjuna R/o palavalli , pavagada(taluk), tumkur (dist) -572136 have changed my name to Yashwanth Kumar Madenenni Subarayappa for all purposes.

I, Thulasi.M W/o Perumal.V, R/o No.1927, 4th main, 8th B cross, New thippasandra, Bengaluru 560075 have changed my name to SANGEETHA. D affidavit date.25/01/2022 notary Muneer.A B'luru

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Three years on, project in limbo

CONTINUED FROM PAGE 1

the other is the 1.5-km stretch in KR Puram constituency. Right now, we have a 40-ft wide road; we need to extend 20 ft on either side — so, 40 ft of land needs to be acquired. Over 95% are private properties in the area and the owners are not agreeing to part with their lands. So, work has not started yet," Reddy told BM.

The Transferable Development Rights or TDR is the grant of additional built-up area to a landowner in return for the portion of a plot acquired for a public project.

Most of the residents said commuting to places like Electronic City, Bannerghatta and Jigani would be a smooth ride if the road is widened. "In southern Bengaluru, travel along Bommanahalli, Bannerghatta Road, Jigani and Electronics City will become less congested if the proposed widening happens. Vehicles can move faster and it shall save time too. One is stuck in the traffic for more than 30 minutes to cover a distance of 2 km on this stretch due to the narrow road." said Maqsood Ahmed, a resident of Bommanahalli.

MLA Reddy further pointed out that the land owners were asking for an increase in value, more than the guidance value of the acquired land.

Road-widening will reduce over 10% of traffic congestions near Silk Board, Hosur Road and B'ghatta. The road should be completed on a priority basis

"Many have asked for higher prices and the government has not been able to meet that. Hence, the project is stalled. With covid-19, and the funds being utilised for other needs, the government is short on funds," he said.

Another resident from Begur pitched in: "If the road is widened, it will help thousands of people. Many IT firms are located in the area. With a rise in vehicular movement, there is in fact a rise in daily traffic congestions. The road-widening will reduce over 10% of traffic congestions near Silk Board, Hosur Road and Bannerghatta. The road should be completed on a priority basis."

One of the residents said the delay in the project is more of a 'political' nature as there are thousands of shops along Hosur Road-Begur Road stretch — 'as many shops will have to be demolished and people might lose livelihoods, political parties will be questioned'.

"Some properties belong to leaders of political parties who do not want to give those up," alleged a resident.

Talking about the traffic congestion Amit Kumar, a commuter, said: "For the last 20 years, this road has remained narrow. If the stretch is widened, it will definitely ease traffic congestion. Though the distance is just 7 km from Nice Road bridge in Begur Road to Bommanahalli — it takes more than 45 minutes to cover the distance. If there is a BMTC bus en route, then it takes much longer, as there is no space to overtake it. Bommanahalli and Begur are global hubs. As employees go to their workplaces and from early morning till 10:00 am there is a huge block. Same is the condition around evening 5:00 pm where people from factories and nearby companies return home until 10:00 pm. Moreover, there are close to 15,000 apartments in Begur, and the population has only increased; it will increase further over the years and the situation will only get worse."

On R-Day, Governor all praise for frontliners

Covid crisis has been used to build the state's strength, he says

(Clockwise from top) Karnataka tableau being presented at the R-Day Parade in New Delhi on Wednesday; R-Day celebrations at Field Marshal Manekshaw Parade Ground; State Guv Thawar Chand Gehlot hoists Indian flag

With the onset of covid-19 third wave, Bengaluru celebrated a low-key Republic Day. "We dedicate the celebrations of Republic Day to undying human spirit in the face of adversity. We fought against the covid-19 even in 2021-22 very efficiently, while the world struggled to handle, we are entering 2022 with renewed vigour and optimism," stated Karnataka Governor Thawar Chand Gehlot. He was addressing the gathering at Field Marshal Manekshaw Parade Ground, on Wednesday.

"The government and I convey gratitude to our doctors, nurses, police and all the health and frontline workers who worked continuously without any break during the pandemic," he said.

"We have used the crisis as an opportunity to build on our strengths," he added.

Chief Minister Basavaraj Bommai, during his address, said, "Democracy is the foundation of our country. Every state should strive towards nation building. Every individual should focus on the country and adopt a nation first policy. " Karnataka is a powerful state in the Indian federation, he said. "Economically, socially, culturally, the state is contributing to the nation. This tradition has to be taken forward."

The entry of the public was prohibited during the Republic Day celebrations due to covid-19.

Siddalingaiah's daughter: We feel pain of his absence

Kannada litterateur Late Siddalingaiah was awarded Padma Shri this year for his contribution to literature and education. Remembering him, Manasa, his daughter said: "We are happy that our father is being conferred with the Padma Shri award. We feel the pain of his absence at this moment. He lived for the society and wrote for the society."

"People have loved him and now the government has recognized it," she said.

Siddalingaiah ushered a new lease of life into Dalit movement in the state through his literature.

His poems went on to become anthems of Dalit activism and they continue to be voices of the oppressed in the society. Siddalingaiah died due to covid-related complications in June 2021.

BSY unfurls National Flag at residence

Former Chief Minister and BJP senior leader BS Yediyurappa unfurled the national flag at Cauvery, (his official residence) Bengaluru, on the occasion of the 73rd Republic Day.

Meanwhile, Karnataka Tableau, on the theme 'The Cradle of Traditional Handicrafts' was showcased at the Republic Day parade in New Delhi. **-Agencies**

Infosys world's 'fastest-growing' IT services brand

Infosys, a global leader in next-generation digital services and consulting, today announced that it has been recognized as the fastest-growing IT services brand, by Brand Finance, the world's leading brand valuation firm, in its Global 500 2022 report.

The brand valuation records a quantum leap in brand growth for Infosys, marked by 52% increase in its brand value year on year, and over 80% since 2020, positioning it among the top 3 most valuable IT services brands globally.

"Our clients have rapidly scaled their digital adoption in the last two years and have reposed tremendous trust and confidence in our ability to help them transform," said Salil Parekh, Chief Executive Officer, Infosys. "Our employees have responded with extraordinary efforts that take advantage of our differentiated digital and cloud capabilities to speed up and scale innovations that help our clients remain competitive in a changing economic and business environment. This has triggered a virtuous cycle that has firmly consolidated Infosys' brand position as the industry's preferred digital transformation partner," he added.

Opthalmic Society rap over 'unethical' practice

The Bangalore Opthalmic Society have written to their members who have tied up with online aggregators stating that it is unethical and to refrain from tying up with other online private players.

The letter from Bangalore Opthalmic Society stated that that it has been brought to their notice, that some of the members have been approached and some have tied up with online aggregators platforms to gain patients. They stated that it is unethical and also violation of the law.

According to the Indian Medical Council, regulations 2002, a physician shall not give solicit or receive, nor shall he offer to give solicit or receive any gift, gratuity, commission or bonus in consideration of or return for the referring, recommending or procuring of any medical, surgical or other treatment. Further, a physical shall not directly or indirectly participate in or be a party to act of division, transference, assignment, subordination, rebating, splitting or refunding of any fee for medical, surgical or other treatment.

CM appealed to monitor 'violence against minorities'

Nearly three dozen eminent personalities have written a joint open letter to Karnataka Chief Minister Basavaraj Bommai expressing their concern over the "frequent violence against religious minorities" in the state.

"We are a group of senior scientists, writers, academics, artists, and lawyers, and we write with concern about Karnataka's deteriorating governance and the frequent violence against religious minorities," read the letter.

The letter stated, "Over the past few months, the state has witnessed the brutal killing of youths in several districts, rampant 'hate speeches', public threats and disruptions of worship by religious minorities, 'honour killings', 'moral policing', misogynistic statements by legislators, and incidents of hostile and violent encounters between various religious groups. These trends have been encouraged by the callous and un-constitutional statements made by Legislators and the inability of the state machinery to rein-in fringe anti-social groups."

The letter further alleged that such trends go against the long history of Karnataka as a progressive state that facilitated social harmony of a plural society and initiated model welfare programs for all sections of the population.

A group of senior scientists, writers, academics, artists, and lawyers wrote to the CM, showing concerns over the 'deteriorating governance'

"The state's cultural history celebrates the plurality of cultures and religious tolerance and our icons have long been Basavanna, Akkamahadevi, Kanakadasa, Purandaradasa, and Shishunala Sharifa. Our litterateurs, ranging from Bendre to Kuvempu, have celebrated a Karnatakatva that is based on multi-cultural identities that blend together to make a harmonious and rich social fabric, " the letter said.

It added, "We note with both sadness and alarm that these traditions of tolerance and shared well-being are being torn asunder. Instead, the state is losing its identity on multiple fronts. On the fiscal, administrative, and political fronts Karnataka is losing its federal strength."

"We call upon you all to seriously review these negative trends in the state and to ensure that the rule of law, the principles of the Constitution, the rights of all citizens, and the basic norms of humaneness prevail. It will be your abilities to address these challenges that will be the yardstick with which posterity will assess you," the letter said.

On this special day, as India marks its national status as a 'Republic' and as a state within this federal republic, the personalities expressed hope that the government will initiate a period of social harmony, just legislations, and democratic functioning of the state machinery.

0Eminent personalities include Professor Vinod Gaur, who was the former Secretary at the Department of Science and Technology; Major General SG Vombatkere, VSM, retired among others. **-ANI**

IPL auction 2022: Under-19 stars set to attract good bids

Five Indian Under-19 players who can get hefty deals

From left: Harnoor Singh is among the most promising talents from this year's India U-19 side; Vicky Ostwal is the best bowler in the current U-19 squad and Yash Dhull is the captain of the team

#NEW DELHI

Over the years, India's Under-19 cricketers have got good money in IPL auctions and it will be no different this time as well when the paddle goes up on February 12 and 13.

The impressive performance of Indian colts in the ongoing Under-19 World Cup in the Caribbean will not only help them in making it into the senior national team, but it will also serve as a pathway to quick fame and potential big money via the cash-rich league.

The current generation, which has grown up watching the IPL, will definitely keep one eye on the auction and another on the Under-19 World Cup.

However, it wasn't always the case. In 2008, then U-19 skipper Virat Kohli and his teammate Ravindra Jadeja made it to the Royal Challengers Bangalore and Rajasthan Royals, respectively via the draft system. They were not available for the player auctions, and naturally, the money was limited.

Over the years, the rules changed and Indian colts were allowed to participate in the auctions and since then they got good money and their lives changed forever.

These U-19 cricketers may or may not deliver from the very first season but franchises see them as long-term investment prospects.

This year's auction is also likely to be the last IPL mega auction so owners/officials would want to buy these raw talents at comparatively lesser amount and get fruitful results from them in future.

Virat Kohli, Ravindra Jadeja (2008), KL Rahul, Mayank Agarwal (2010), Unmukt Chand, Hanuma Vihari (2012), Kuldeep Yadav, Shreyas Iyer, Sanju Samson (2014), Ishan Kishan, Rishabh Pant, Washington Sundar (2016), Prithvi Shaw, Shubman Gill (2018) Ravi Bishnoi, Yashasvi Jaiswal, Kartik Tyagi (2020) and many others have made it big for India or have become IPL stars over the years after taking part in different editions of the Under 19-World Cup.

Likewise, the IPL 2022 auction will also change the lives of many youngsters and the cash-rich league will provide them a chance to showcase their talent in front of the world.

Cynosure of all eyes

In this listicle, we talk about five Indian Under-19 players who can get hefty deals during the auction on February 12 and 13.

1. Harnoor Singh: Harnoor is one of the most promising talents from this year's India U-19 side. He is the key batsman of the side and has produced some brilliant knocks in the recently-played friendlies and in the U-19 World Cup as well.

In India's second match of the ongoing U-19 World Cup, he was their highest run scorer with an 88-run knock.

Harnoor will definitely be one of the young batters out there that the IPL teams can bid for.

2. Angkrish Raghuvanshi: Opener Angkrish is a very dependable batsman. He scored 79 in the match against Ireland and followed it with a daddy hundred (144 off 120) against Uganda. So, he will definitely be one of most sought-after names in the auction.

2 Raj Bawa: He is an allrounder and probably best suited for the IPL format. He can bowl 3-4 overs at ease and is a good batsman as well. He played a sensational knock (162 off 108) against Uganda in addition to his 42 off 64 against Ireland and four big wickets with the ball against South Africa.

Franchises who need a young allrounder will definitely bid for Bawa in the auction and the youngster can get a hefty deal.

4. Yash Dhull: He is the captain of the India U-19 and is suited for all the formats. He is equally good as Harnoor Singh and has enormous potential. His knock against South Africa (82 off 100) was very impressive. Unfortunately he tested positive for covid-19 and missed the next few matches.

However, he has already shown his capability and can attract a number of franchises in IPL 2022's mega auction. Moreover, India's U-19 captains have always been sold for big bucks in the last few seasons of IPL.

5. Vicky Ostwal: He is the best bowler in the current India U-19 squad and he showed that with his fabulous spell of 5/28 against South Africa. He could become the highest wicket taker of the 2022 U-19 World Cup and that would be a great addition to his already brilliant resume.

Good Indian spinners, who have a bit of mystery as well, are a rare commodity, so Ostwal will definitely get a good deal in the IPL auction.

Apart from the above mentioned five Indian cricketers, there are many other youngsters from different countries in the ongoing Under-19 World Cup who are doing well for their respective countries and franchise and scouts are also keeping an eye on them before the auction.

– IANS

Zuccarelli lands Derby riches in superb style

It proved to be easy for the piping hot favourite Zuccarelli. As easy as sweeping autumn leaves from the garden path. The classy colt uncorked a champagne effort in the blue riband of the winter season, the Kingfisher Ultra Derby and soon it was time to cork out the bubbly and song and dance all night long.

The fashionably bred Pune Derby winner from the stables of champion trainer Pesi Shroff, on form was head and shoulders above his six rivals including the two fillies in the fray and the star performer in the hands of leading pro Trevor Patel pulled the plug and fused out his rivals while galloping home to wear the Derby sash. The fact that the Derby winner outclassed a creditable field without raising a sweat only confirms that Zuccarelli is in a different league and that he along with the super filly Miracle are the two top guns on the Indian racing circuit.

An immensely pleased Pesi Shroff said "Zuccarelli is a very good horse, always willing to produce his best. I was satisfied with his preparations and I knew he was raring to go. And he really went through the classic 2400 metres journey, all guns blazing and it was a delight to watch him," said Pesi Shroff.

A confident Trevor chose to play the waiting game in the showdown, gracing the wrong end of the field for most part of the trip as stablemate Revolution first set a decent pace before the nohoper Silvarius brought the field into view and even before the race came on a boil, Trevor sent the champion sailing to the front and it was all over bar the shouting. The local mainhope All Attractive from Prithviraj's yard gained the runner-up ahead of Silvarius. The 2:31.24 seconds exercise fetched his owners, Khusroo Dhunjibhoy, Mukul Sonawala, S Narielwala and D R Thacker, Rs 82.7 lakh, but what pleased them was the manner in which the horse got the job done. — Ikram Khan

Derby day results at a glance: All the good colts

Ikram Khan
mybangaloremirror@timesgroup.com
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On a day public rage Zuccarelli won the Kingfisher Ultra Derby Bangalore, a couple of other good performances from fancied horses saw the racing buffs return home on a winning note.

1. Totalizator Cup (Div-III) 1200M: Shining Rock (Rohit Raman) 60 Surya 1, Mystical Merkabah 58.5 Rajesh Kumar 2, Magellan 58.5 Srinath 3, Immaculate 57.5 Sai Kumar 4. Not Run: Mark One. 4-1/4l, 1-1/4l, 1l. T: 1.12.90. Tote: Rs 70 (W). 14, 11, 23 (P). Fc: Rs 205. Q: Rs 80. Shp: Rs 45. Thp: Rs 43. Trinalla: Rs 1,466 & 817. Exacta: Rs 1,561 & 711. Fav: Mystical Merkabah (Prithviraj).

2. Saddle Up Cup 1200M: Unyielding (Darius Byramji) 61 John 1, Tifanny 58 Shae Gray 2, Ultimate Speed 58 Saqlain 3, Bahurupah 55 Mark 4. All Ran. 3-1/4l, 2-3/4l, 2l. T: 1.13.27. Tote: Rs 14 (W). 11, 21, 78 (P). Fc: Rs 68. Q: Rs 61. Shp: Rs 52. Thp: Rs 147. Trinalla: Rs 1,751 & 1,059. Exacta: Rs 26,281 & 22,527. Fav: Unyielding (D Byramji).

3. Totalizator Cup (Div-I) 1200M: Golden Wings (Suresh Chintamaneni) 48.5 Saqlain 1, Douglas 58 Shae Gray 2, Classic Charm 55 C S Jodha 3, Tactical Command 61 Srinath 4. All Ran. 1-3/4l, 1-1/4l, Shd. T: 1.1.2.69. Tote: Rs 266 (W). 45, 11, 29 (P). Fc: Rs 832. Q: Rs 341. Shp: Rs 34. Thp: Rs 59. Trinalla: Rs 15,098 & 19,412. Exacta: Rs 60,430 & 25,898. Fav: Douglas (Arjun Mangalorkar).

4. Mysore Race Club Trophy 1400M: Wild Emperor (URBB Ltd) 56 Neeraj Rawal 1, Arrowette 54.5 Akshay Kumar 2, Roudy 56 Sandesh 3, Stellar Gold 54.5 C S Jodha 4. Not Run: Mighty Zo & Twilight Tornado. 3/4l, 4-1/2l, 1/2l. T: 1.26.44. Tote: Rs 24 (W). 14, 14, 13 (P). Fc: Rs 104. Q: Rs 58. Shp: Rs 37. Thp: Rs 34. Trinalla: Rs 138 & 49. Exacta: Rs 417 & 200. Fav: Wild Emperor (Faraz Arshad).

5. Indian Republic Trophy 1200M: The Sovereign ORB (Zavaray S Poonawalla) 55 Suraj Narredu 1, Watchmystars 54.5 Akshay Kumar 2, Griffin 53.5 L.A. Rozario 3, Psychic Warrior 60 S. John 4. All Ran. Shd, 41/2, 3/4. T: 1.11.83. Tote: Rs 14 (W). 10,15 (P). Fr: Rs 24 Q: Rs 17. Shp: Rs 19. Thp: Rs 30. Trinalla: Rs 81 & 60. Exacta: Rs 62 & 21. Fav: The Sovereign ORB (S.S Attaollahi).

Proud owners of Zuccarelli pose with the champion after his success

6. Kingfisher Ultra Derby Bangalore 2400M: Zuccarelli (K N Dhunjibhoy) 57 Trevor Patel 1, All Attractive 57 Suraj 2, Silvarius 57 Srinath 3, Eternal Blaze 55.5 C S Jodha 4. All Ran. 15-1/4l, 1l, 1-1/4l. T: 2.31.24. Tote: Rs 13 (W). 12, 21 (P). Fc: Rs 52. Q: Rs 52. Shp: Rs 35. Thp: Rs 42. Trinalla: Rs 389 & 129. Exacta: Rs 837 & 255. Fav: Zuccarelli (P Shroff).

7. T B Hanumantharaj Memorial Trophy 1200M: Michigan Melody (Satish Kundapur) 51 Arshad Alam 1, Lucky Chance 55.5 Akshay Kumar 2, Silver Dew 60.5 C S Jodha 3, Schafenberg 52.5 Shreyas Singh 4. All Ran. Lnk, 3/4l, 2-3/4l. T: 1.12.90. Tote: Rs 85 (W). 19, 13, 22 (P). Fc: Rs 458. Q: Rs 110. Shp: Rs 36. Thp: Rs 35. Trinalla: Rs 2,071 & 710. Exacta: Rs 24,987 & 10,708. Fav: Recall Of You (Azhar Ali).

8. Totalizator Cup (Div-II) 1200M: Flying Quest (Mahmood Khan) 53 C S Jodha 1, Clever Hans 53.5 P Dhebe 2, Scribbling Hopper 54.5 Akshay Kumar 3, Mega Success 54 Vivek 4. Not Run: Augusto. 1-3/4l, Hd, 1-1/4l. T: 1.1.371. Tote: Rs 116 (W). 27, 13, 16 (P). Fc: Rs 544. Q: Rs 188. Shp: Rs 41. Thp: Rs 37. Trinalla: Rs 967 & 500. Exacta: Rs 7,437 & 5,578. Fav: Clever Hans (Mahmood Khan).

Jackpot: Rs 16,826. Runner-Up; Rs 233.
First Treble: Rs 1,058.
Second Treble: Rs 2,557.

HEALTH TIP: Mustard seeds are a rich source of glucosinolates, sulfur-containing compounds that are typically found in cruciferous vegetables

Excess supplementation can sometimes lead to vitamin D toxicity, which can give rise to other health complications

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am a 66-year-old married man. I was diagnosed with an enlarged prostate about six months back and have been taking Urimax-D tablet daily at night. Lately, I have noticed that when I masturbate, although I get the sensation of ejaculation, no semen is discharged. I do not suffer from erectile dysfunction. Could this be associated with prostate enlargement or the intake of Urimax?

You need not be worried as it is not uncommon for ejaculation to stop. This will not hinder the ability to have intercourse or reduce the pleasurability of the act.

2 I am 24-year-old man. Recently, while travelling by train, I came across a good-looking muscular young man and I got an erection. I find this very strange and disturbing. Is it common for heterosexual men to occasionally fantasise about other men? Am I a homosexual? What should I do? I am very worried.

You have not mentioned whether this is the first time that this has occurred. If it is not then you will have to consider whether you are interested more in males or females. It will then be possible to decide whether you are homosexual or not.

3 I am a 27-year-old unmarried virgin. My left testicle has been in a lot of pain. My kidney, urine bladder and blood tests didn't reveal any signs of hernia. I've noticed that the pain intensifies with flatulence. I am unable to locate the exact region that hurts. I've also noticed that my discharge during masturbation is yellow. I experience a burning sensation and an urge to urinate each time I masturbate. Can you diagnose my condition?

You have bowled a googly at me. I suggest you revisit a urologist who can, through various tests, come to a conclusion.

MEET THE SEXPERTS

Use this QR code to send your questions to us

You can be fit, with a few simple eating habits, says actor Priyanka Upendra

YOU ARE WHAT YOU EAT

Staying active and healthy is critical in our lives. People overlook their health due to their hectic daily schedules, but there are small things you can do every day to contribute to being healthy and fit. As we struggle to get back to normal day-to-day life post the pandemic and the festive season, it's most important to pay close attention to the diet and include nutrient-rich and energy-yielding foods to a daily diet. Eating nutritious meals isn't too difficult especially in a country like India – where our traditional food is already such a great mix of all sorts of nutritious food.

But how do you pay attention to your body while being surrounded by drool-worthy treats?

Here are a few tips that can help you keep stay fit.

Mindful Snacking

Starting my day with almonds has been a habit of mine since childhood, and I've passed it along to my children. I've always been careful of my food and snacking habits, especially now that my daughter and son look up to me and are routinely mimic my eating habits.

If you are hungry and in need of a snack, choose healthy food options. Fruits, vegetables, nuts, and seeds are satisfying snacks that do not have extra sweets or bad fats, which can lead to weight gain. My go-to snack option are almonds, as they are high in protein and not only does it provide energy but is also proven to aid in the building and maintenance of muscle mass. Almonds contain satiating qualities that may boost sensations of fullness. When combined with dark chocolate, which is packed with fibre, vitamins, minerals, flavonoids, and antioxidants, you have a true power couple! Snacking on a handful of almonds every day might contribute to the normal function of the immune system, as almonds are a source of copper, zinc and folate.

Engage in activities with family and friends

Many families have weekend traditions that include sedentary activities such as lounging on the couch and binge-watching TV. Inactivity, especially when combined with overeating, can lead to unnecessary weight gain. I make sure I dedicate at least 45 minutes - 1 hour to exercise, no matter what. Participating in any form of physical activity with your family may help you keep that weight on check. My daughter and I plan family yoga sessions to make the holiday season a little exciting and engaging. A simple family stroll might take your mind off eating and allow you to bond with your loved ones. Walking, running, and swimming all become more enjoyable when done in a more calm and different setting.

Keep yourself hydrated

It is a good idea to drink adequate amount of water every day to keep yourself hydrated as it is said to be good for skin and might help with blood pressure regulation. I start my day with a glass of hot lemon water with a little bit of honey which keeps me refreshed and adds to my energy level. Additionally, I ensure that my family stays well hydrated throughout the day and have fresh fruit juices, smoothies, or coconut water.

Limit your sugar intake

We all love our mithais and favourite sweets that we like to binge on. This frequently leads to excessive sugar consumption, which is a leading cause of weight gain. Savour the sweets you do indulge in by eating them slowly, this will leave you feeling more fulfilled and less prone to overindulge. I like to indulge with handmade jaggery-based sweets (ladoos made with til, mixed nuts, roasted green gram, or millets). You will enjoy chewing on these guilt-free sweet supplements if you replace some of your sugary sweets with healthy alternatives.

—By Priyanka Upendra, Kannada Actress

MIRRORLIGHTS

The non-milky way

From hormonal imbalance to insulin resistance, popular nutritionist Rashi Chowdhary tells us how dairy impacts our body. "When you consume dairy, you're not just consuming milk or cheese, you're also taking in the hormones and the antibiotics that are given to the source," says Rashi. She further explains that milk carbohydrates and proteins are inflammatory in nature. "The lactose and casein in dairy products can upset your digestive tract and create hormonal issues like diabetes, PCOS and is also one of the main causes of acne," she adds.

Here's why you should keep away from dairy as much as possible:

It messes up hormones: Dairy is high in hormones such as prolactin, estrogens, progesterone, corticoids, androgens, insulin-like growth factor-1 and prostaglandins. "Excessive dairy consumption can cause hormonal imbalances and abnormal cell growth," says Rashi.

Causes insulin resistance: If medical research is to be believed, dairy consumption is directly proportional to fasting glucose. Higher the consumption, higher the glucose which increases the risk of type-2 diabetes.

May raise bad cholesterol: Due to Myristic acid, stearic acid and saturated fatty acids in dairy, it can increase the levels of bad cholesterol in the body. Clearing the myth about low fat milk, Rashi says there's a misconception that it is better but it isn't. So, any type of milk is not good for the body.

Destroys probiotics in gut: Dairy reduces the amount of probiotics in the gut. "Reduced gut bacterial diversity means lower digestive tolerance," she says. Rashi explains that adding a little amount of butter or ghee to a regular diet isn't harmful as these are almost free from the inflammatory components.

—Femina

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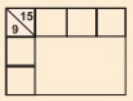
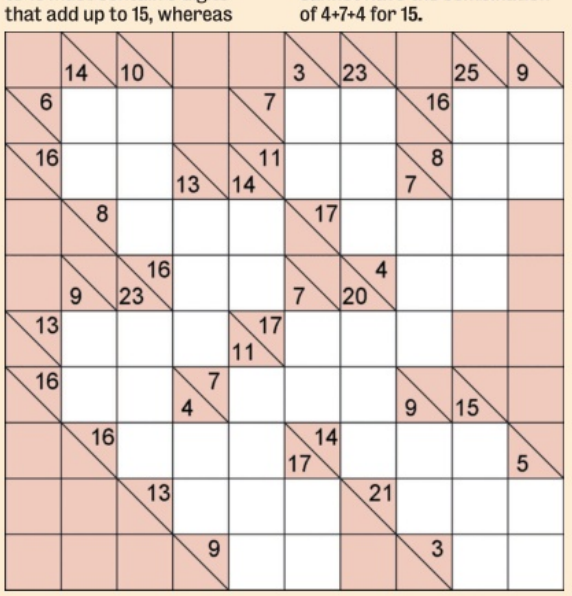
Kakuro

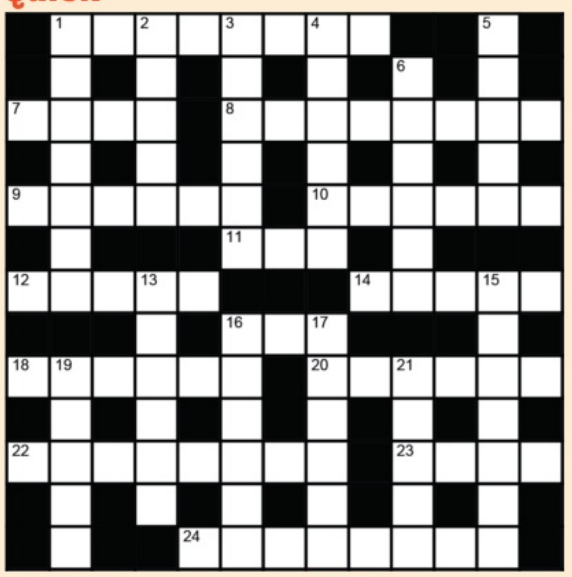
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Ball from a spin bowler (3-5)
7 Be conscious of (4)
8 Teaching by repetition (8)
9 Deep gorge (6)
10 Important city in Pakistan (6)
11 Biblical pronoun (3)
12 Unsteady (5)
14 Day's march (5)
16 Not many (3)
18 Helical (6)
20 Charm or attraction (6)
22 Became larger (8)
23 Urban area (4)
24 Begrudged (8)

DOWN

1 Popular pizza seasoning (7)
2 Female horse (5)
3 Gnawing animal (6)
4 Greedily (6)
5 Pertaining to the moon (5)
6 Outmoded (3,3)
13 Karnataka city just south of Goa (6)
15 Braided or interwoven? (7)
16 Decorate with feathers (6)
17 Walk like a duck (6)
19 Fairy; esp : a gay mischievous sprite (5)
21 Looped ornamental edging (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS T

KPEKDVKXST HWK NQW SIK IQCW, YCS EWVXOVEAKT HWK NQW SIK HGKT.

Linemaro

If I were God, I'd make the world revolve around you

Mindchow

It is better to rise from life as from a banquet - neither thirsty nor drunken

Joke of the day

There are three kinds of people. Those who can count, and those who can't

Loop

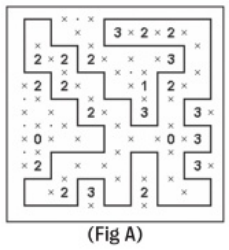
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

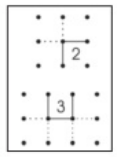
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

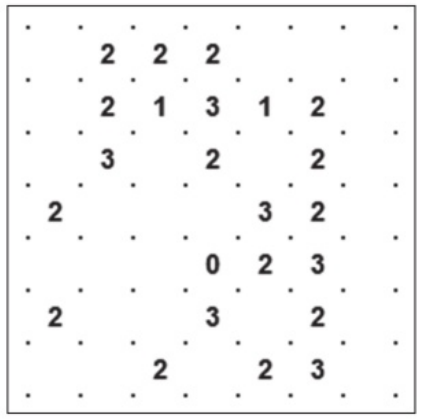
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



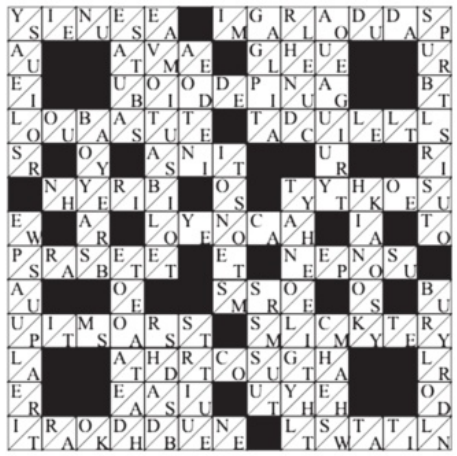
(Fig A)



(Fig B) Not Allowed



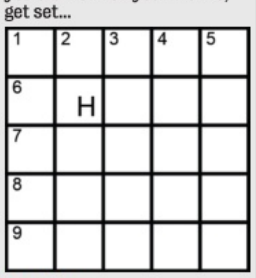
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Crows; 6 Three; 7 Lairs; 8 Atoll; 9 Pips M

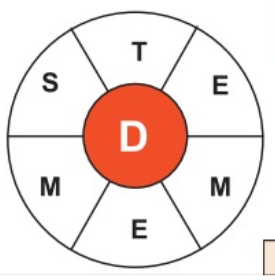
DOWN

1 Parts; 2 Lichi; 3 Lamer; 4 Or pol; 5 Stews

Mensapuzzle

Which letter replaces the question mark to complete this circle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

	3				4		6	
	9	5		8		2		
7			3					1
2				3	6			
6	7						5	3
			4	7				2
1					7			8
		7		6		4	1	
	5		1				9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 4
2 3 4 5

Medium ☐☐☐☐☐☐☐ = 21
2 2 5 9

Hard ☐☐☐☐☐☐☐ = 1
2 7 8 4

Hocusfocus

Find at least six differences in details between panels.

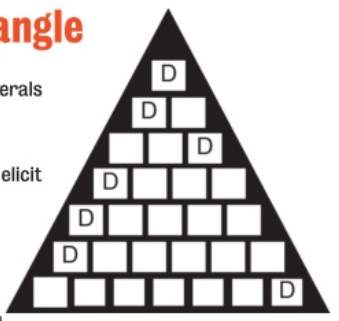
Differences: 1. Briefcase is wider. 2. Mirror is wider. 3. There is no snow on pants. 4. Doorway is not as wide. 5. Arm is not showing. 6. Hair is different.

Riddler

What is the smallest integer that is all 4s when multiplied by 7?

Alpha triangle

1 Vitamin type
2 501 in Roman numerals
3 Disencumber
4 Ominous
5 Impetus
6 Evolve, deduce or elicit
7 Modified



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

THAT WAS DUMB CALLING THAT GUY'S GIRLFRIEND UGLY, TANGLEFOOT!
I DIDN'T CALL HER UGLY!
I JUST ASKED IF SHE WAS ALLOWED ON THE FURNITURE
11-18
Yates/Casson
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Bizarrotrip

Diamond Lil

Hart of the city

HOW MUCH MONEY DO YOU MAKE?
I DON'T THINK IT WOULD MAKE A WHOLE LOT OF SENSE WITHOUT CONTEXT.
LIKE COST OF LIVING, INVESTMENTS...
AND IT CHANGES EVERY YEAR BECAUSE--
SIGH GOODNIGHT, HEART.

Crankshaft

OKAY... WE'VE GOT THE LIGHT, THE MICROPHONE AND THE BOOK COVER SHOWING ON THE BOOKSHELF.
IS THERE ANYTHING ELSE?
SHOOT, I NEARLY FORGOT!
CAT!
Lillian McKenzie Murder in the Book Club
11-20
BATTUK & DAVIS
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Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is not a good day for you. You may be a victim of negative thoughts. You may be impatient. Your arrogance may push you back from making difficult decisions. Your life seems to be at a halt. You may be in need of blessing of your elders, which may likely to help you to come back from the messy situation. You should avoid to make investments in dead assets. Love birds shall avoid to discuss on worthless topics.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. You may hear some good news in terms of work and business. You may enjoy your domestic life in full swings of joy. You are advised to avoid to argue on worthless topics. Over excitement may test your patience. You may make important decisions in making investments in assets. Students are advised to be focused on their studies.

Gemini May 21 – Jun 21
Today is good for your work; you may perform good. Your boss may give you some more responsibilities in terms of promotions. Your rivals and opponents are now under control. You may lend money on assets. You may plan to make some investments for kids' future.

Cancer Jun 22 – July 23
Today, you may feel very dull. It may make you lazy and careless; you are likely to be distracted at work. Impatience may pull you down negatively. Kids and spouse's health may make you upset. You should avoid making investments in assets. Love birds should avoid making arguments in family matters.

Leo Jul 24 – Aug 23
Today, you may find negative vibrations around you, which may make you unhappy. You are advised to avoid making investments on worthless assets. Your friends are not likely to be supportive today. You should not expect more from them in terms of help, otherwise it may make you more upset. You are advised to follow intuitions before making important decisions.

Virgo Aug 24 – Sep 23
Today, you may be able to implement business plans successfully with support of your subordinates. You may be involved in some social or family get-togethers, which may boost your network. You may likely to go for short business-related trips, which may give you benefits in the near future.

Libra Sep 24 – Oct 22
Today is a good day; your financial health is likely to be good. You may get benefits from your past investments. You may control your spending on worthless stuffs, which may boost your savings. Love birds are advised to be polite in the conversation with the partner, otherwise there may be some conflicts between them.

Scorpio Oct 23 – Nov 22
Today, you may be busy in issues related to siblings and relatives. You may plan to start some new venture with the help of your siblings and network. You may get an order, which may increase your family business. Your network may help you to complete your task successfully. You may get smart gains after a little effort.

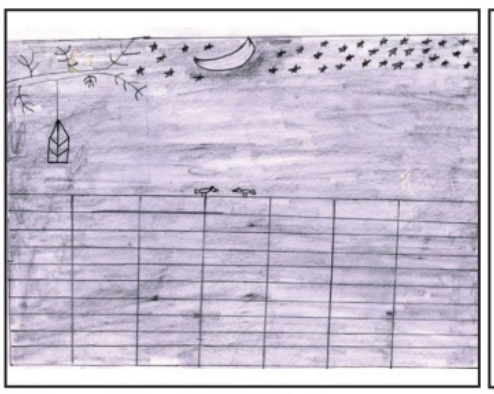
Sagittarius Nov 23 – Dec 22
Today, you may feel negative. Due to sleeplessness last night, you may feel dull. This may reflect into your way of working; it is advised to postpone investing into work. You may be victim of conspiracy and are advised to keep an eye on opponent and rivals. Love birds are advised to keeppatience to avoid unnecessary arguments.

Capricorn Dec 23 – Jan 20
Today, you may be blessed by the moon. You may get some big order with the help of overseas contacts. You may face some bad moments and feel anxious, but somehow you may be able to control over anxiety. Students may study the subject in depth. Investors are advised to make long-term investment in terms of fruitful gains.

Aquarius Jan 21 – Feb 19
Today, you may be busy at work. You may face some difficulties to complete the task. It may make you upset, but somehow blessings from elders and gurus may help you come out from this messy situation. Due to workload, you may feel mentally tired. You may not able to give time to your family, but your siblings may support you to maintain domestic harmony.

Pisces Feb 20 – Mar 20
Now, things are under control. Last few days' issues will be over now. You may feel calm and cool. Your focus towards your goals may be good. You may enjoy your work. Your disputes in partnerships may settle now. Litigation in property-related matters may resolve. You may also have some romantic moments with loved ones.

KIDZONE



Nidhi Venugopal, 10 Years, Cordial High School

Aroush, Bengaluru

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
4(5)+8
20+8
28

BULL'S EYE
deem, meted, seed, steed, stemmed

STRIKE OUT

FAST FIVE

S	C	R	O	W
T	H	E	R	E
A	L	L	O	T
R	I	A	L	S
P	I	M	P	S

QUICK

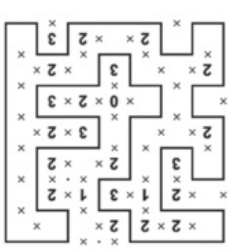
MENSA PUZZLE
E. Starting with Y and moving clockwise, letters move backwards through the alphabet in steps of 2 letters, then 3 then 4 etc.

SUDOKU

3	5	8	1	4	2	7	9	6
9	2	7	8	6	3	4	1	5
1	4	6	9	5	7	3	2	8
5	1	3	4	7	9	6	8	2
6	7	4	2	1	8	9	5	3
2	8	9	5	3	6	1	7	4
7	6	2	3	9	5	8	4	1
4	9	5	6	8	1	2	3	7
8	3	1	7	2	4	5	6	9

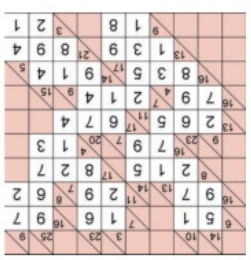
ALPHA TRIANGLE
D, DI, RId, DIre, DrIve, DeRive, Revised.

LOOP



GO FIGURE
Easy
5 – 3 + 4 – 2 = 4
Medium
2 x 5 + 2 + 9 = 21
Hard
4 – 8 + 7 – 2 = 1

KAKURO



QUOTE UNCODE
Expedients are for the hour, but principles are for the ages.

RIDDLER
63,492 × 7 = 444,444

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Pebbles bags Dhaka film fest honour

Director PS VinothRaj's 'Koozhangal' (better known as 'Pebbles'), which was India's official entry to the Oscars this year, has won the award for the Best Film at the 20th Dhaka International Film Festival

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In Uniform

A look at some stars who have worn esteemed uniforms in their films

In the last few years, several Bollywood artistes have slipped into prestigious uniforms as a part of their characters in films and OTT shows, which in some manner talk about the country's defence forces. In the time to come, Akshay Kumar will don a uniform while playing the central character in Gurkha and Vicky Kaushal will slip into the character of Field Marshal Sam Manekshaw. We takes a look at some of the latest appearances of stars in esteemed uniforms in their films:

Akshay Kumar

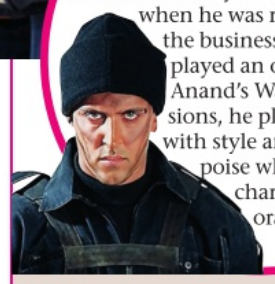
In recent memory, Akshay Kumar wore a navy uniform for Rustom. The actor was praised for playing the naval officer perfectly. He also played British Indian Army's officer in Kesari, a performance for which he was also lauded. In the past, Akshay has slipped into an army man's shoes for Holiday, Sainik, Ab Tumhare Hawale Watan Sathiyon. It doesn't stop there. In the times to come, he's expected to play several characters based in the country's defence forces.

Jahnvi Kapoor

Back in 2020, she played Gunjan Saxena, one of the first Indian female air-force pilots in combat, in Gunjan Saxena: The Kargil Girl. The film depicted Gunjan's journey of chasing her dream. As a newcomer, Jahnvi appeared in control of her character.

Hrithik Roshan

Hrithik Roshan played an army officer in Lakshya several years ago when he was relatively new to the business. Years later, he played an officer in Siddharth Anand's War. On both occasions, he played the part with style and a certain poise which made the characters memorable.



Sidharth Malhotra

As someone whose grandfather had served in the armed forces, Sidharth Malhotra has played an army officer effectively in Shershaah and in Aiyaary. The actor donned the uniform in both the films and was appreciated for his realistic performances.

Vicky Kaushal

While he's gearing up to play Field Marshal Sam Maneckshaw in his biopic, Vicky Kaushal's turn as an army officer in URI: The Surgical Strike won him a National Award for his striking performance.

Power Star's Army officer look goes viral

James will feature Puneeth Rajkumar in the role of an Army officer. This is the first time the Power Star will be appearing in a soldier's uniform standing tall with a rifle. The film directed by Chethan revealed a special poster on the occasion of Republic Day, and the poster revealed on the various social media platforms has gone viral. It has created a huge buzz amongst the netizens and especially Puneeth fans. The team has also officially announced the release of the film in multiple languages and will be out in Kannada, Tamil, Telugu, Malayalam, and Hindi. James is slated to release on March 17, Puneeth's birth anniversary. The film is all the more special with the Rajkumar brothers, Shivarajkumar and Raghavendra Rajkumar making a special appearance. James will feature Priya Anand in the female lead, with Srikanth Mekka, Sarathkumar and Anu Prabhakar in prominent roles.

— Mahesha H

Mandira at her best friend's wedding

Mouni Roy and Suraj Nambiar's wedding festivities have begun in full swing in Goa. Her BFF and actress Mandira Bedi has also arrived at the venue and seems like she's having lots of fun. A video of Mandira has been shared on social media where she is seen dancing to the song 'Mehendi Laga Ke Rakhna' from her film 'Dilwale Dulhania Le Jayenge' at Mouni's Mehendi ceremony.

In the video, Mandira can be seen sporting a yellow tube top with a printed skirt and a statement neckpiece. She is seen showing off her cool moves while enjoying the ceremony. She also took to Instagram and shared happy pictures with the bride and the groom. Along with the pictures, she wrote, "Mon, Suraj.. and so it all begins. I love you both, more than you know" She later also shared candid pictures of Suraj and Mouni on her Instagram story. She went on to call Suraj her 'favourite'.

Celebs like Arjun Bijlani, Omkar Kapoor, Mandira, Aashka Goradia and Manmeet Singh of Meet Bros fame have already reached the venue for Mouni and Suraj's big day. The couple will tie the knot on January 27 in an intimate ceremony.

On the work front, Mouni is all set to be seen in 'Brahmastra' this year.

— ETimes

After Dinklage fumes, Disney offers explanation

#WASHINGTON

Disney has finally responded to the harsh criticism by Emmy-winning actor Peter Dinklage about the studio's upcoming live-action remake of 'Snow White'.

The 'Game of Thrones' actor was a guest on Monday's episode of Marc Maron's WTF podcast, where he blasted the upcoming film based on the 1937 animated classic.

The actor had condemned the existing hypocrisy about the drama and also criticised the casting of 'West Side Story' breakout star Rachel Zegler in the film. He said, "Literally no offence to anyone, but I was a little taken aback when they were very proud to cast a Latina actress as Snow White -- but you're still telling the story of Snow White and the Seven Dwarfs. Take a step back and look at what you're doing there..."

Peter Dinklage said casting of Latina actor Rachel Zegler as Snow White doesn't make the story any less regressive

"You're progressive in one way, but then you're still making that backward story about seven dwarfs living in a cave together? Have I done nothing to advance the cause from my soapbox? I guess I'm not loud enough," Dinklage told Maron.

In an attempt to set the record straight, a Disney spokesperson told The Hollywood Reporter, "To avoid reinforcing stereotypes from the original animated film, we are taking a different approach with these seven characters and have been consulting with members of the dwarfism community. We look forward to sharing more as the film heads into production after a lengthy development period."

— ANI